



# Quick Creamy Prawn Rigatoni with Lemon Zest

Rapid 20 Minutes • 2 of your 5 a day

6



Rigatoni Pasta



Courgette



Lemon



Garlic Clove



Creme Fraiche



Vegetable Stock Paste



King Prawns



King Prawns

**Pantry Items**  
Oil, Salt, Pepper

### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!

Wash your hands before and after prep.

## Cooking tools

Saucepan, colander, fine grater, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta <b>13</b> )	180g	270g	360g
Courgette**	1	2	2
Lemon**	½	1	1
Garlic Clove**	1	2	2
Creme Fraiche** <b>7</b> )	150g	225g	300g
Vegetable Stock Paste <b>10</b> )	10g	15g	20g
King Prawns** <b>5</b> )	150g	225g	300g
King Prawns** <b>5</b> )	150g	225g	300g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	438g 2829 /676	100g 647 /155
Fat (g)	27.2	6.2
Sat. Fat (g)	17.0	3.9
Carbohydrate (g)	76.3	17.4
Sugars (g)	14.5	3.3
Protein (g)	29.9	6.8
Salt (g)	2.01	0.46

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	513g	100g
Energy (kJ/kcal)	3048 /729	595 /142
Fat (g)	27.9	5.4
Sat. Fat (g)	17.2	3.4
Carbohydrate (g)	76.3	14.9
Sugars (g)	14.5	2.8
Protein (g)	41.6	8.1
Salt (g)	2.91	0.57

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**5)** Crustaceans **7)** Milk **10)** Celery **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



## Cook the Pasta

**a)** Bring a large saucepan of **water** to the boil with **½ tsp salt**.

**b)** When boiling, add the **rigatoni** to the **water** and bring back to the boil. Cook until tender, 12 mins.

**c)** Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Make the Creamy Sauce

**a)** Once the **courgettes** are browned, lower the heat and add the **creme fraiche**, **veg stock paste** and **water for the sauce** (see pantry for amount) to the pan.

**b)** Stir together and season with **salt** and **pepper**.

**c)** Bring to a simmer, then cook until the **sauce** has thickened slightly, 3-4 mins.



## Get Prepped

**a)** While the **pasta** cooks, trim the **courgette**, then halve lengthways. Slice into 1cm thick pieces.

**b)** Zest and halve the **lemon** (see ingredients for amount).

**c)** Peel and grate the **garlic** (or use a garlic press).



## Add the Prawns

**a)** Once thickened, bring the **sauce** to the boil. Stir in the **prawns** and cook for another 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.

**b)** Add a splash of **water** if it gets too thick.

## CUSTOM RECIPE

If you've chosen to double up on **king prawns**, cook the recipe in the same way.



## Fry the Courgette

**a)** Heat a large frying pan on high heat (no oil).

**b)** Once hot, add the **courgette** and cook until starting to brown, 3-4 mins on each side.

**c)** Add the **garlic** and cook, stirring, for 1 min more.



## Finish and Serve

**a)** When ready, mix the **cooked pasta** into the **sauce** with a squeeze of **lemon juice** to taste.

**b)** Taste and season with **salt** and **pepper**.

**c)** Serve your **creamy prawn pasta** in bowls with a sprinkle of the **lemon zest**.

## Enjoy!